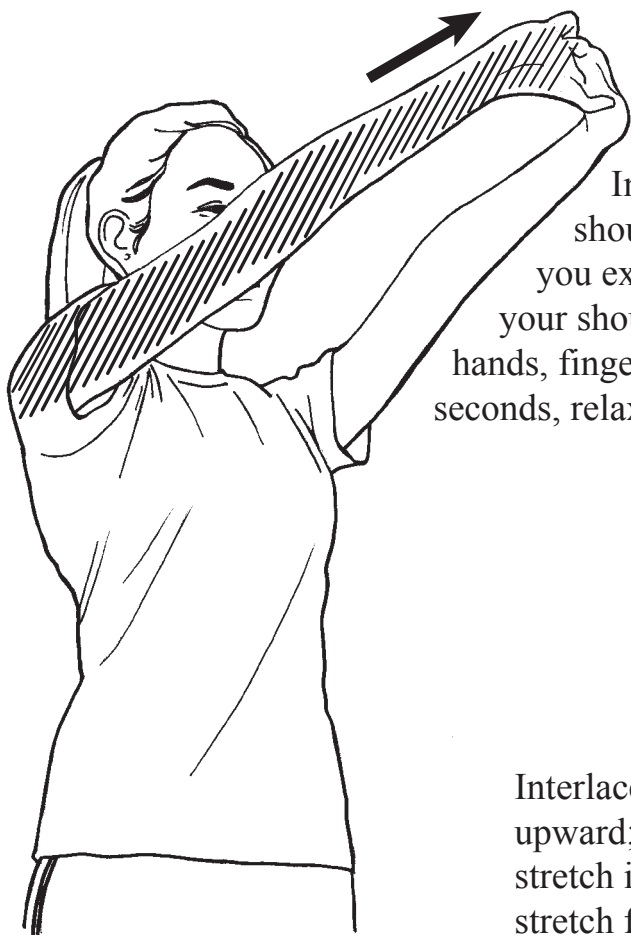




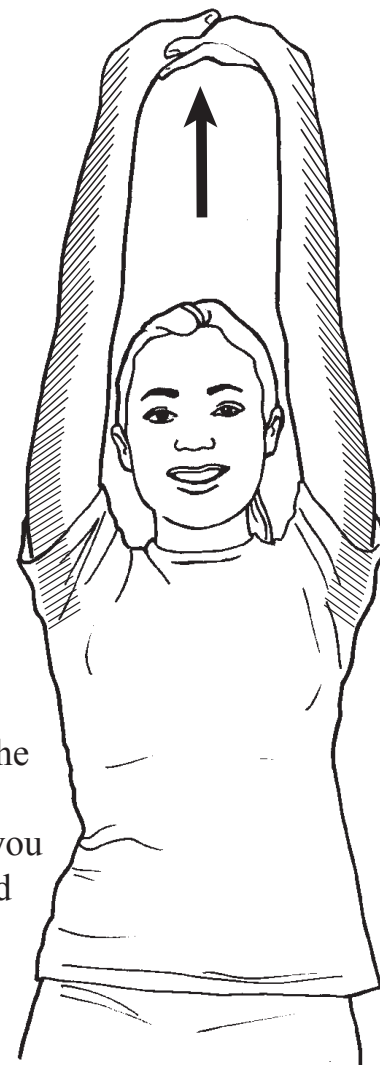
# STRETCHING

*Hash marks indicate muscles worked*



# 1

Interlace your fingers out in front of you at shoulder height. Turn your palms outward as you extend your arms forward to feel stretch in your shoulders, middle of your upper back, arms, hands, fingers, and wrists. Hold the stretch for 15 seconds, relax, and repeat.



# 2

Interlace your fingers above your head, palms facing upward; push your arms slightly back and up. Feel the stretch in your arms, shoulders, and upper back. Hold the stretch for 15 seconds, relax and repeat.

Note: if it is not comfortable to interlace your fingers, you may simply hold your hands one on top of the other and complete the same movement.



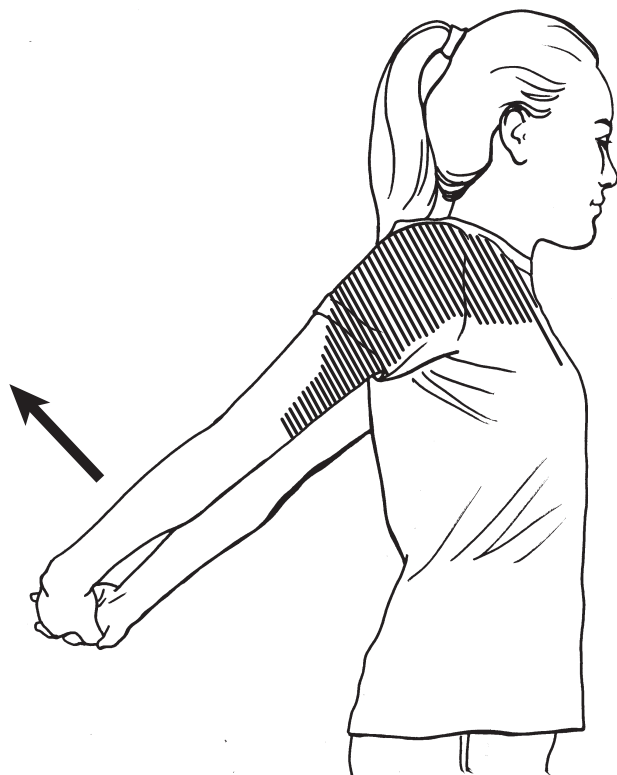
3

*Hash marks indicate muscles worked*

With your arms overhead, touch your right palm to the back of your neck. Use your left hand to slowly pull your right elbow behind your head. Hold for 15 seconds, relax and repeat with your other arm.

4

To stretch your shoulder and middle of upper back, place your left hand on your right shoulder. Use your right hand to gently push your left elbow toward your back. Hold the stretch for 15 seconds, relax and repeat with the other arm.



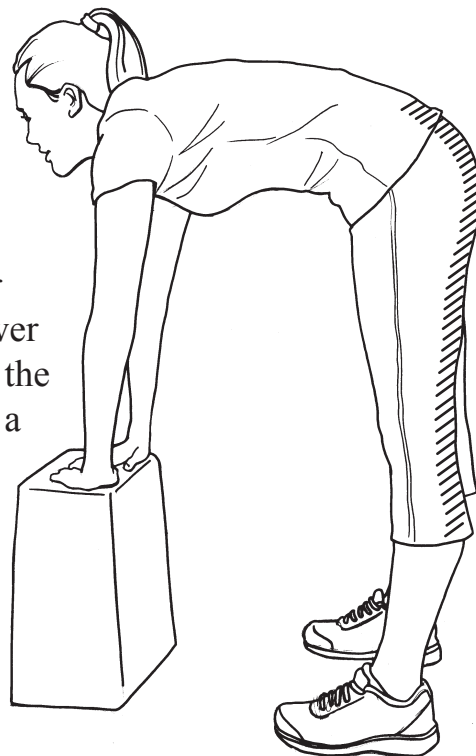
5

Interlace your fingers behind your back. Lift your arms up behind your body until you feel a stretch in your arms, shoulders, and chest. Hold the stretch for 15 seconds, relax, and repeat.

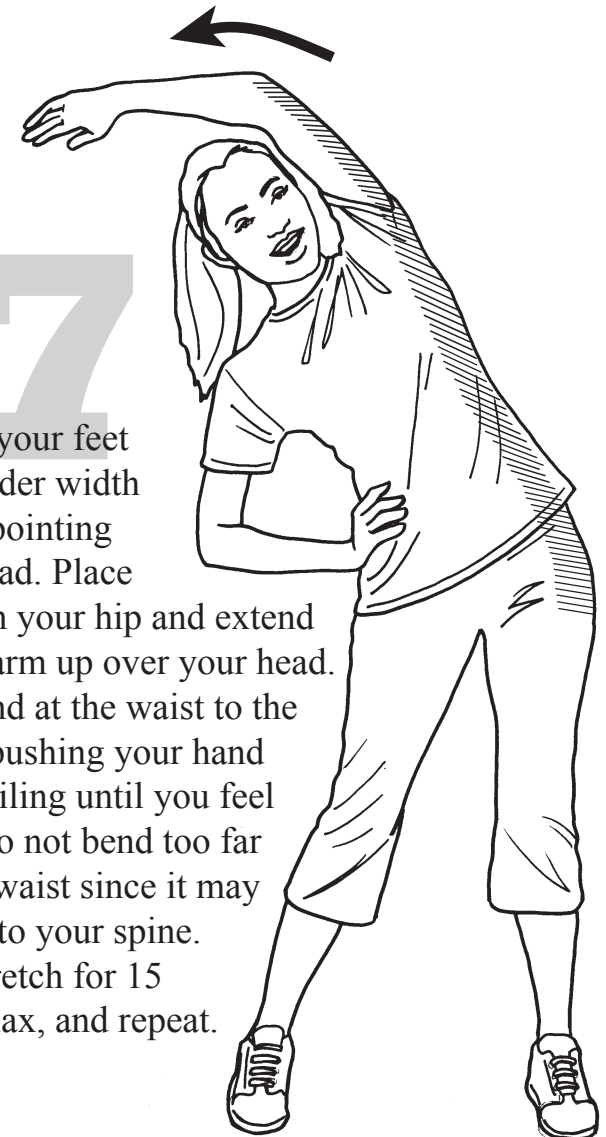


6 To stretch the side of your neck and the top of your shoulder, move your left ear to your shoulder as your left hand pulls your right arm down and across behind your back. Hold for 15 seconds, relax and repeat on the opposite side.

8 Stand with your feet shoulder width apart, keeping your lower back straight. Slowly bend at the hips and place your hands on a chair, step, etc. You will feel a stretch in the back of your legs. Hold the stretch for 15 seconds, relax, and repeat.



7 Stand with your feet about shoulder width apart, toes pointing straight ahead. Place one hand on your hip and extend your other arm up over your head. Slightly bend at the waist to the side while pushing your hand up to the ceiling until you feel a stretch. Do not bend too far over at the waist since it may be harmful to your spine. Hold the stretch for 15 seconds, relax, and repeat.



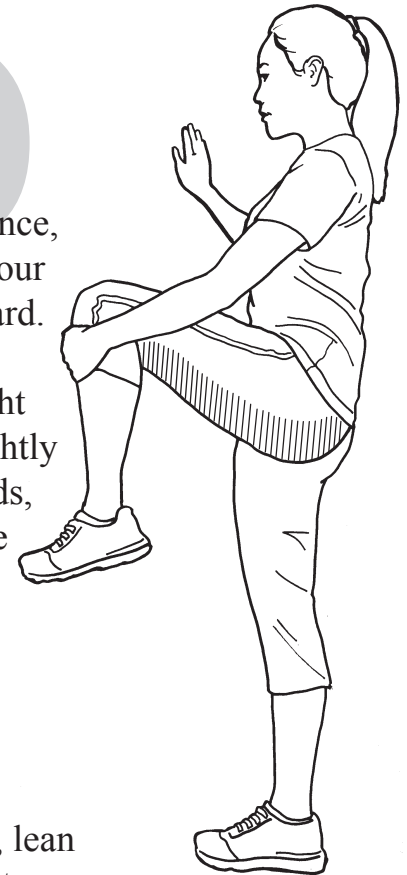


*Hash marks indicate muscles worked*

To stretch the quad and the knee, hold the top of your right foot with your left hand and gently pull your foot toward your buttocks. Hold the stretch for 15 to 30 seconds, relax and repeat on the other leg.



Using an object for balance, pull your knee toward your chest. Do not lean forward. The foot on the ground should be pointed straight ahead with the knee slightly bent. Hold for 15 seconds, relax and repeat with the other leg.



To stretch your calf, stand close to a stable object, lean on it with your hands or forearms. Take a giant step backwards with your left foot, press your hips forward while keeping your back heel pressed to the floor and toes facing forward. Hold for 15 to 30 seconds, relax and repeat on the other leg.

